

PRINCE GEORGES COUNTY SENIOR NUTRITION PROGRAM

MARCH 2006

Monday	Tuesday	Wednesday	Thursday	Friday
3/06/06	3/07/06	3/08/06	3/09/06	3/10/06
CHICKEN NOODLE SOUP WITH CRACKERS BEEF PATTY WITH VEGETABLE GRAVY SEASONED CORN BRUSSEL SPROUTS WHOLE WHEAT BREAD W/MARGARINE PURPLE PLUMS SKIM MILK COFFEE OR TEA	100% FRUIT PUNCH BBQ RIBETTE ON BUN WARM BAKED BEANS COLE SLAW BAKED APPLE SKIM MILK COFFEE OR TEA	CRANBERRY JUICE TURKEY /POTATO CASSEROLE MIXED VEGETABLES GARDEN SALAD W/DRESSING BRAN MUFFIN W/MARGARINE GINGER COOKIES (2) SKIM MILK COFFEE OR TEA	GRAPE JUICE BAKED PORK CHOPS W/GRAVY MASHED POTATOES SWEET PEAS W/PEARL ONIONS RYE BREAD W/MARGARINE CHERRY TURNOVER SKIM MILK COFFEE OR TEA	CRAN-APPLE JUICE OVEN FRIED POLLOCK FISH ON A BUN WITH KETCHUP NAVY BEANS SEASONED CARROTS CANNED PEARS SKIM MILK COFFEE OR TEA
3/13/06	3/14/06	3/15/06	3/16/06	3/17/06
GRAPE JUICE MEATLOAF WITH PARSLEY GRAVY WHOLE BOILED POTATOES CALIFORNIA BLEND VEGETABLES OATMEAL BREAD W/MARGARINE PEACH SUPREME SKIM MILK COFFEE OR TEA	APPLE JUICE OVEN FRIED HADDOCK W/TARTER SAUCE MASHED POTATOES CHOPPED SPINACH PUMPERNICKLE BREAD W/MARGARINE CANNED PEACHES SKIM MILK COFFEE OR TEA	NAVY BEAN SOUP ITALIAN SAUSAGE W/GREEN PEPPERS & ONIONS ON BUN SEASONED PASTA SLICED CARROTS PINEAPPLE CHUCKS SKIM MILK COFFEE OR TEA	ORANGE JUICE BEEF STEW WITH VEGETABLES BROWN RICE LETTUCE & TOMATO SALAD WITH DRESSING BRAN MUFFIN W/MARGARINE FROSTED CUPCAKE SKIM MILK COFFEE OR TEA	PREMIUM MEAL SPLIT PEA SOUP SLICED CORN BEEF CHOPPED CABBAGE WHOLE BOILED PARSLEY POTATOES SLICED CARROTS RYE BREAD W/MARGARINE FRUIT COCKTAIL SKIM MILK COFFEE OR TEA
3/20/06	3/21/06	3/22/06	3/23/06	3/24/06
ORANGE/PINEAPPLE JUICE TURKEY CHOW MEIN FLUFFY RICE JAPANESE STYLE VEGETABLES CHOW MEIN NOOFLES ALMOND COOKIES (2) SKIM MILK COFFEE OR TEA	ORANGE JUICE SLICED ROAST BEEF W/MUSHROOM GRAVY TWICE BAKED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD W/MARGARINE RED JELLO W/FRUIT SKIM MILK COFFEE OR TEA	MINESTRONE SOUP CHICKEN ENCHILADA W/CHEESY SAUCE MEXICAN RICE WITH RED & GREEN PEPPERS BROCCOLI FLOWERS TACO CHIPS W/SALSA LEMON PARFAIT SKIM MILK COFFEE OR TEA	CRAN-APPLE JUICE HAM STEAK W/FRUIT SAUCE BLACK EYE PEAS BRUSSEL SPROUTS OATMEAL BREAD W/MARGARINE CANNED PEACHES SKIM MILK COFFEE OR TEA	GRAPE JUICE BAKED TILAPIA FISH WITH LEMON SAUCE WILD RICE PEAS & CARROTS CORN MUFFIN WITH MARGARINE SWEET CHERRIES SKIM MILK COFFEE OR TEA
3/27/06	3/28/06	3/29/06	3/30/06	3/31/06
VEGETABLE SOUP WITH CRACKERS BAR-B-QUE PORK ON A BUN COLE SLAW BAKED BEANS TANGERINE SKIM MILK COFFEE OR TEA	ORANGE JUICE TURKEY W/GRAVY CORNBREAD STUFFING STEAMED CABBAGE OATMEAL BREAD W/MARGARINE MIXED FRUIT CUP SKIM MILK COFFEE OR TEA	GRAPE JUICE SWEDISH MEATBALLS WIDE EGG NOODLES OKRA, CORN & TOMATOES MULTI-GRAIN DINNER ROLL WITH MARGARINE STRAWBERRY PARFAIT SKIM MILK COFFEE OR TEA	CRAN-APPLE JUICE CHICKEN WITH GRAVY SEASONED PINTO BEANS GREENBEANS RYE BREAD W/MARGARINE STEWED APPLES SKIM MILK COFFEE OR TEA	ORANGE JUICE BAKED FARM SALMON WITH CREAMY DILL SAUCE AU GRATIN POTATOES CHOPPED SPINACH WHOLE WHEAT BREAD W/MARGARINE CANNED PEACHES SKIM MILK COFFEE OR TEA